



SPORTS LAMORINDA'S LOCAL SPORTS NEWS

World Record Broken by Lamorinda Mom

Submitted by Claude Zamanian



Alison Zamanian swimming freestyle in practice last week

Photo provided

The results of The Olympic Club 1500 Swim Meet are in, and a world record was broken by Orinda resident Alison Zamanian.

Zamanian, an Orinda resident for ten years and the mother of three sons, broke the world record for her age group in the 1500 short-course meter (25m) freestyle event on January 16th. The previous record was held by Lynn Marshall of Canada set in 2002 with a time of 17:38.37. Zamanian beat the record by a whopping three seconds, 17:35.49.

Zamanian said that she felt strong the entire way and was

very happy about her time, especially since it was 13 seconds faster than the last time she swam back in October at the Walnut Creek Short Course Meter Championships. Zamanian said swimming long courses, along with cross-training (spin classes and running), has helped her build her strength and power off of the walls.

In addition to this accomplishment, Zamanian also broke her own National record in the one-hour postal swim on January 24th, swimming close to 5600 yards of freestyle in one hour. Her previous record in 2006 was 5525 yards.



Alison Zamanian

Photo provided

Not A Typical "Cross Country"

Submitted by Eric Lundgren



Patrick catching air at a race at E Street

Photo by the Lundgren family



Patrick Lundgren, a freshman at Acalanes High School, with his 2009 youth B championship #1 plate award

It was a little less than two years ago when Patrick Lundgren's parents somewhat reluctantly took him to his first motorcycle cross country race. He started racing regularly in October of 2008 in the C class (beginner) and was finishing consistently in the top five in his class and age group.

Lundgren races in the District 36 Motion Pro Youth Cross Country Series. A cross country race lasts an hour and a half for his class and age group and covers terrain of all types, fire roads, motor cross tracks, creek crossings, tight single track, hill climbs, and log crossings. The course usually varies in length from eight to 15 miles and the races

are all over Northern California. The district puts on about 15 races per year.

In 2009 he advanced to the B class (intermediate). He won the Season Points Championship for the B class in 2009. As a result of winning the season championship, he advanced to the A class (expert). He was also awarded the #16 plate for being ranked 16th overall in Northern California for youth cross country racing after the 2009 season. This will be his last year in the youth class.

He has a partial sponsorship with O'Neal MX and is featured on their web site this month in the amateur spotlight.

Acalanes Soccer Update

Submitted by Nancy Kaplan



Dons Varsity team

Photo Tod Fierner

February 10, Acalanes/Miramonte: 3-1. For their last home game, the Dons celebrated senior night with three goals and a comfortable win against the Mata-

dors. The first goal came after 13', when Dante Carrillo was at the reception of a long pass from senior Ben Ewing. Ten minutes later, Dylan Autran added the second one

on a precise shot in the lower corner. Fifteen minutes before the end of the game, Autran was again on target and sealed the win after a pass from junior Cam Carda.

February 12, Dougherty Valley/Acalanes: 1-2. The Dons concluded their DFAL season with an important win at Dougherty Valley that secured a second place finish behind Dublin and in front of Las Lomas. The host team scored first and led a big part of the game, Acalanes replied with two goals in two minutes. At the 67', sophomore Austen Grassini headed off a free-kick from senior and co-captain Nic Carrillo. A couple of minutes later, Carrillo took care of the second goal himself with a powerful shot from 25 yards. Acalanes (17-3-3, 8-3-1) is done with another successful regular season and now moves on to defend their NCS title. Seeded #4, the Dons will meet #13 Concord (DVAL) at home in the first round on Wednesday evening.

Adult Softball Sign-ups

Lamorinda (Men's), and Orinda Coed Softball Leagues play during the summer months on Orinda and Moraga fields. All games start at 6:30pm, on weeknights determined by your division. Playoffs are in August. If you would like to enter a team, or as an individual, please call Tom Boyden, City of Orinda Adult Sports Coordinator, at (925) 253-4216.



www.SMCGaels.com

- Fri, Feb 19 BSB San Jose State Louis Guisto Field 2:00 PM
 - Sat, Feb 20 WBB San Diego McKeon Pavilion 2:00 PM
 - Sat, Feb 20 MTEN Loyola Marymount Moraga, CA 2:00 PM
 - Sun, Feb 21 MTEN Pacific Moraga, CA 12:00 PM
 - Sun, Feb 21 BSB San Jose State Louis Guisto Field 1:00 PM
 - Mon, Feb 22 BSB Nevada Louis Guisto Field 2:00 PM
 - Thu, Feb 25 MBB Pepperdine McKeon Pavilion 7:05 PM
 - Sat, Feb 27 MBB Loyola Marymount McKeon Pavilion 6:00 PM
 - Tue, Mar 2 BSB Sacramento State Louis Guisto Field 2:00 PM
 - Sat, Mar 6 WTEN Nevada Moraga, CA 11:00 AM
 - Sat, Mar 6 MTEN UC Davis Moraga, CA 12:00 PM
- Schedule is subject to change.
Confirm at www.SMCGaels.com

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